

30 Days of Mantras to Support Your Journey to Enduring Success

My success didn't come easily. The obstacles I faced early in my life once seemed insurmountable, but perseverance and the power to choose have led me to enduring success. I wasn't supposed to make it. But I know that if I can do it, if I can choose to give all my love and receive all the love that others give, anyone can. My goal as a keynote speaker is to pass on the wisdom I've gained along the way and inspire others to achieve enduring success, no matter how far off, or even impossible, it seems.

One of the tools that helps me to stay connected to this day is mantra. I use mantras to ground myself in the present and to remind myself that I create my enduring success, even in the hard moments and even on the tough days.

So, because they're so effective for me, I thought you might also benefit from some curated mantras. I grouped them by the five phases of my own 25-year journey to enduring success.

So, what are mantras and how do I use this tool?

We get mantras from the Buddhist and Hindu traditions of meditation. Mantras are sounds or phrases that are repeated aloud to help us concentrate and shut out all the other noise of everyday life. I encourage you to cut out these mantras into flashcards and choose one to embody each day for the next 30 days. Repeat it to yourself in the morning when you wake up, when you take a break from work or other responsibilities, and then again before you go to sleep. Observe how you and your actions reorient around this mantra, and maybe even record your reactions in a journal.

I'd love to hear how these mantras are working for you, or learn about what mantras you use in your practice! Follow me on Instagram @trishkendallspeaks, join our Facebook group @TrishKendallSpeaks, or send me a message at <https://trishkendall.com/contact/>. I can't wait to share this journey with you!



Section 1: Change

At 20 years old, I found myself alone, on a dirty bathroom floor with a needle plunged into my vein. A childhood of sexual abuse and neglect that eventually resulted in a crystal meth addiction had left me with no friends, no job, no love, and no hope. All I had was enough meth for one fatal overdose. But one phone call from my sister changed everything. When I picked up the phone, I gave myself the chance to change.

The following mantras are all about change, both through action and through a reorientation of mindset. What change will you create in your life, and how can these mantras support that change?

Section 2: Joy in the Ordinary

A few weeks after that phone call from my sister, I committed to a two-way agreement with my sister and brother-in-law. I agreed to the actions required to live clean and sober in their home, and they agreed to the actions that supported me through this initial phase of recovery. It was through committing to this agreement that I learned ordinary actions that start from duty can transform into efforts of joy.

The following mantras are all about finding joy in the little moments and little things sprinkled throughout our day. What are some moments of joy in your day? How can these mantras support being present to that joy?

Section 3: Trust

A year after moving in with my sister and her family and leading a clean and sober life, I had landed the best job in the world. I learned if you do the little things great, great things happen. I built trust in myself and inspired the trust of others by making good, small decisions each day.

The following mantras are all about building trust in yourself and inspiring the trust of others. With whom in your own life (whether it's yourself or others) do you want to build more trust? How can these mantras support that trust-building?

Section 4: Community

When I was 30 years old, I had achieved more success than I ever imagined, but something was missing. I didn't belong anywhere. The fourth phase on my journey to success was to create community. Although I had never run a step in my life, I joined a running club and met five women who showed me that forging true friendships and creating community starts by letting others in. I learned that you get by giving and fostered my place of safety, shared identity, and belonging with this amazing group.

The following mantras are about creating and nurturing your community. What communities do you belong to? How can these mantras support creating and nurturing your communities?

Section 5: Enduring Success

Finally, with the support of my family, extended family and community, I achieved my enduring success: I choose each day to give all my love and to receive all the love others want to give.

The following set of mantras are all about embracing love. Where in your life do you give love and where do you get love? Do you give and receive it freely or with hesitance? How can these mantras support your journey to giving all your love and receiving all the love that others want to give?

Change

Confidence comes from action.



Change

*I can make my first choice.
Every journey starts with a single step.*



Change

Be curious, not furious.



Change

*Good things come from change.
I embrace the unknown.*



Change

I can reset any time I choose to.



Joy in the Ordinary

Today I choose calm. Today I choose peace.



Joy in the Ordinary

Laughter lightens my load.



Joy in the Ordinary

Listen to feel her, not to correct her.



Joy in the Ordinary

I strive to live in the present.



Joy in the Ordinary

Commitment transforms actions from “I have to” to “I want to”.



Trust

I trust myself. What I am doing today is getting me closer to who I want to be tomorrow. I am a doer.



Trust

I am healthy. I am stable. I am sound.



Trust

I am proud of myself.



Trust

People can count on me.



Community

I get by giving.



Community

I inspire others, and I allow others to inspire me.



Community

*My community loves me for who I am.
I am not a burden.*



Community

Collaboration and community fulfill me.



Community

Confidence comes from action.



Community

*My life doesn't have to be perfect to inspire.
The world needs to see me be human,
not perfect.*



Enduring Success

I have the boundless capacity to love.



Enduring Success

*I choose to give all of my love to others
and I choose to receive all the love others
want to give me.*



Enduring Success

I inspire others to love and be loved.



Enduring Success

*Love radiates out from me in all directions
and returns to me multiplied.*



Enduring Success

I am worthy of love and affection.



Enduring Success

*I am surrounded by loving people
and enter each conversation with
love and care.*

